

RULES FOR TREATING SPANISH INFLUENZA

There are no drug remedies of any value in this disease, but there are several simple measures which may be used with great advantage.

1. At the beginning of the disease, a thorough evacuation of the bowels should be secured by an enema consisting of two or three pints of warm water. The enema should be repeat-

ed until the bowels are thoroughly emptied, and continued twice a day during the disease.

2. Water or fruit juice should be taken daily to the amount of three or four quarts, so as to promote elimination through the skin and kidneys. A glassful of water or a little fruit juice every half an hour, when the patient is awake, is a good rule to follow. Fruit juices may be used freely to a great advantage, and gruels of oat meal, rice, and other cereals. Bran should be mixed with the gruel so as to promote bowel activity, and an ounce of paraffin oil should be taken three times a day for the same pur-

pose.
3. The short hot bath and the hot blanket pack are efficient means of combating the fever and of relieving the pain in the back and legs. Fomentations should be applied to the chest twice a day, with a chest compress between the applications.

4. Headaches may be combated by a cold compress to the head. Care should be taken to wet the hair thoroughly, and to apply the compress in such a way as to cover the entire back part of the head as well as the front part.

5. If the fever runs high, the cold pack may be used as a means of lowering the temperature. It should be applied immediately after a very short hot blanket pack.

6. The hot blanket pack consists in wrapping the patient in a blanket wrung out of water as hot as the patient can bear. A dry woolen blanket should be applied outside the wet

blanket. The duration of the pack should be from twelve to fifteen minutes. Care should be taken to cool the head and face of the patient, and keep an ice-bag over the heart if the pulse is rapid. When the temperature is high, the duration of the pack should be shorter, say from four to five minutes.

7. The patient must be kept in bed for several days after the fever subsides.—Dr. J. H. Kellogg, in Good Health Magazine.

WHY IS A HEADACHE?

Various Causes for this Common Affliction

Anemia or Bloodlessness a Very Common Cause

Pepto-Mangan Overcomes Anemia and Tends to Prevent Headaches

When one has an occasional headache it is usually due to some transient or passing cause, such as indigestion, eye-strain, over tiredness, etc. When, however, one suffers from frequent periodic headaches there is always some special reason for it. Among the most common of such reasons is Anemia or Bloodlessness. This condition is especially frequent among girls and young women and those whose occupations or habits of life keep them too much indoors. The one important necessity in such cases is to build up the quantity and quality of the weak and watery blood. Gude's Pepto-Mangan is exceptionally valuable for this purpose. It increases the number and improves the quality of the red blood cells, those vital little bodies which carry nutrition to all parts of the body. It improves the appetite, imparts color to the face, and restores health and strength to the body generally. After a short course of Pepto-Mangan the headaches decrease in frequency and severity, and finally disappear, if they are due to Anemia. Pepto-Mangan may be had either in liquid or tablet form, as preferred. When buying Pepto-Mangan be sure the name "Gude's" is on the package. Without "Gude's" it is not Pepto-Mangan.

SUMMONS.

State of South Carolina, County of Lexington.—Court of Common Pleas.

Panama Real Estate Company, plaintiff, versus Annie D. Wynne, Dime Savings Bank, Citizen's Bank of Charleston, Hanover Real Estate Company, Charleston Savings Institution and T. M. Mordecai, Defendants.

To the Defendants above named: You are hereby summoned and required to answer the complaint in the above entitled action, of which a copy is herewith served upon you, and to serve a copy of your answer to the same on the subscribers at their offices in the Palmetto Bank Building, Columbia, S. C., within twenty days after the service hereof upon you, exclusive of the day of such service; and if you fail to serve your answer as aforesaid, the plaintiff herein will apply to the Court for the relief prayed for in the complaint. Dated at Columbia, S. C., 1st day of November, 1919.

DePASS & DePASS, Plaintiff's Attorneys.

NOTICE.

To the Defendant, T. M. Mordecai, individually, and T. M. Mordecai, trading and doing business under the style and name of Hanover Real Estate Company:

Please take Notice that the Complaint in the above entitled action has been filed with the Clerk of Court for Lexington County:

DePASS & DePASS, Attorneys for Plaintiff.

November 20th, 1919.

A Christmas Gift Worth While

To please the good wife and eldest daughter,

\$5.00

Buy enough wall paper to decorate the side wall of Parlor or Bed Room.

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Well hardly. You have to look twice before you can see them yourself. We fit glasses to your face as well as to your eye; and when you leave our store you may be sure that the glasses you have purchased are those best suited to relieve your trouble, and in addition are the least conspicuous.

WIESEPAPPE, Optometrist.
1517 Main Street. Columbia, S. C.

REPORT OF THE CONDITION OF THE HOME NATIONAL BANK,
At Lexington, in the State of South Carolina, at the close of business November 17, 1919.

RESOURCES.

Loans and discounts (except those shown on b and c)	\$ 363,345 76	
Customers' liability account of acceptance of this bank purchased or discounted by it	10,159 87	
x Total loans	\$ 373,505 63	373,505 63
Overdrafts, unsecured	\$673 72	
U. S. Government securities owned:		
Deposited to secure circulation (U. S. bonds par value)	25,000 00	
Owned and unpledged	64,350 00	
War Savings Certificates and Thrift Stamps actually owned	181 89	
Total U. S. government securities		
Other bonds, securities, etc.:		
Stock of Federal Reserve bank (50 per ct of subscription)	1,800 00	1,800 00
Value of banking house owned and unincumbered	16,000 00	16,000 00
Furniture and fixtures	7,080 00	7,080 00
Real estate owned other than banking house	670 00	670 00
Lawful reserve with Federal Reserve Bank	25,134 24	25,134 24
Cash in vault and net amounts due from national banks	48,356 18	48,356 18
Checks on other bks in the same city or town as report'g bk	600 02	600 02
Total of items	\$48,956 20	
Checks on banks located outside of city or town of reporting bank and other cash items	645 10	645 10
Redemption fund with U. S. Treasurer and due from U. S. Treasurer	1,250 00	1,250 00
Other assets	2,000 00	2,000 00
Total	\$567,246 78	\$567,246 78

LIABILITIES.

Capital stock paid in	\$50,000 00	
Surplus fund	3,500 00	
Undivided profits	11,384 09	
Less current expenses, interest and taxes paid	7,850 71	3,533 38
Interest and discount collected or credited, in advance of maturity and not earned (approximate)	2,000 00	
Circulating Notes Outstanding	23,000 00	
Certified checks outstanding	130 74	
Cashier's checks on own bank outstanding	3,133 32	
Total of items	3,264 06	
Individual deposits subject to check	164,256 66	164,256 66
Certificates of deposit due in less than 30 days (other than for money borrowed)	900 00	900 00
Total demand deposits (other than bank deposits) subject to reserve, items	165,156 66	
Certificates of deposit (other than for money borrowed)	25,187 77	25,187 77
Other time deposits	291,604 91	291,604 91
Total of time deposits, subject to reserve, items	316,792 68	
Total	\$ 567,246 78	\$ 567,246 78

x Of the total loans and discounts shown above, the amount on which interest and discount was charged at rates in excess of those permitted by law (Sec. 5197 Rev. Stat.) exclusive of notes upon which total charge not to exceed 50 cents was none. The number of such loans was none.

STATE OF SOUTH CAROLINA, COUNTY OF LEXINGTON, SS:
I, Karl F. Oswald, Cashier of the above-named bank, do solemnly swear that the above statement is true to the best of my knowledge and belief.
KARL F. OSWALD, Cashier.
Subscribed and sworn to before me this 25th day of November, 1919.
W. D. DENT, [L.S.] Notary Public for State of S. C.
CORRECT—ATTEST:
T. P. MEETZE,
E. G. DREHER,
J. J. WINGARD,
Directors.

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